

# Healthy Eating on a Budget

## Dietary Guidelines 2010

[www.dietaryguidelines.gov](http://www.dietaryguidelines.gov)

## My Plate <http://www.choosemyplate.gov/>

- Eating Better on a Budget  
<http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html>
- Save More at the Grocery Store  
<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet37SaveMoreAtTheGroceryStore.pdf>
- Shop Smart for Fruits and Vegetables  
<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet9SmartShopping.pdf>
- The 3 P's  
[www.choosemyplate.gov/downloads/PlanPurchasePrepare.pdf](http://www.choosemyplate.gov/downloads/PlanPurchasePrepare.pdf)
- Healthy Eating on a Budget  
<http://www.choosemyplate.gov/healthy-eating-on-budget.html>

## Budget

- Good Food on a Tight Budget  
<http://static.ewg.org/reports/2012/goodfood/pdf/goodfoodonatightbudget.pdf>
- USDA resources  
<http://snap.nal.usda.gov/resource-library/eat-right-when-moneys-tight>

## Eating in season

- Fruits & Veggies, More Matters  
<http://www.fruitsandveggiesmorematters.org/what-fruits-and-vegetables-are-in-season>
- Vermont Agriculture Dept. [http://agriculture.vermont.gov/buy\\_local/harvest\\_calendar](http://agriculture.vermont.gov/buy_local/harvest_calendar)

## Meal Planning

- A week of healthy meals  
<http://healthvermont.gov/eatforhealth/meals.aspx>
- Meal Plan templates  
<http://www.theprojectgirl.com/2009/01/19/menu-planning-form-free-download/>